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the germs of this theory are commonly traced in the writings of Erasmus Darwin, Lorenz Oken, J. F. Meckel, St. Hilaire, d'Orbigny, and von Baer: and Herder's remark (published 1784) antedates all of these. The observation itself was probably not original with Herder, who was not a physiologist; but as far as I can trace any perception of the germ of its later significance, the trail seems to lead to Herder, and then vanish.

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BOOK REVIEWS

The Defective Delinquent and the Insane; The Relation of Focal Infections to their Causes, Treatment and Prevention. HENRY A. COTTON. With a Foreword by ADOLF MEYER. Louis Clark Vanuxem Foundation Lectures at Princeton University, 1921. Princeton: University Press. 1921. Pp. 201.

Dr. Cotton's book summarizes in simple form his distinctive psychiatric viewpoint and methods together with such broader aspects of mental sanitation as would have special meaning to the cultivated layman. It is a very timely book.

The historical account of "insanity" in its social relationships omits consideration of the not unfavorable supernatural interpretation sometimes put upon it in pre-Christian communities. The chain and straw-bed period is distinguished as the "Age of Iron." The early type of hospital, substituting the strait-jacket for the cage, represents the "Age of Leather." The standpoint of this book is unqualifiedly against restraint, and emphasizes not less than this, the desirability of closer coördination between psychiatric institutions and those of general medicine. Various statistics on state hospitals and general population are presented. The quoted range per 100,000 inhabitants is from 374.6 in New York to 83.1 in Arkansas. Similarly, the number of institutional defectives per 100,000 ranges from 82.9 in Massachusetts to none in Delaware and New Mexico. The governing factors here are probably the elaborateness of the custodial systems and the complexity of social organization, rather than inherent differences in mental health. This makes "raw" statistics of state hospital and general population extremely difficult to interpret. A close relationship between psychiatric and correctional problems is emphasized. The strictly physical nature of all mental disease is another fundamental thesis. The tendency is to discount hereditary factors, and to attach less importance than is now frequent, to psychogenic factors. The endocrines are regarded

as important, but apt to be secondary. *"Psychoses arise from a combination of many factors, some of which may be absent, but the most constant one is an intra-cerebral, bio-chemical, cellular disturbance arising from circulating toxins, originating in chronic focal infections situated anywhere throughout the body, and to some extent in disturbances of the endocrine system."*

This theory of chronic focal infections in relation to mental disorder is the special contribution of the volume. The mechanism of these chronic infections and their systemic effects form a chapter highly interesting, but not for the hypochondriac. Dr. Cotton then proceeds to relate the group of "functional" psychoses to the effects of chronic infections, identifying them with the hitherto small group of "toxic" psychoses. The essential feature of treating such cases then becomes to find and remove the source of the infection. For the decade prior to 1918 the recovery rate found in these conditions was 37 per cent. Since this time and as a result of treatment based on "detoxication," a recovery rate of 77 per cent. has been observed. Of another most important toxic factor it is said that "prohibition has solved for us the problem of alcoholic insanity, and has lifted a heavy burden from the community as well as from the families of those who were alcoholics." Also for the "nervous" or neurotic individual the importance of physical causes is emphasized. Stress is also laid on the morale value to the patient of a physical explanation of distressing or stigmatizing mental symptoms.

It is natural to inquire how the establishment of such views as these would affect the structure of psychopathology. Considered purely in their psychopathological relations they are not unattractive. One of the chief conservative bulwarks against the growing recognition of psychogenic factors has been the summary dictum that these gave the "how" but not the "why." Among those critically sympathetic with psychoanalysis one does not always find a categorical acceptance of the dynamic value of mental factors in producing a cyclothymic or schizophrenic condition. A conception of the present type would go some distance towards answering the "why" and leave the "how" still mainly as psychopathology now formulates it. The mental symptoms of functional psychoses will remain what psychopathology now conceives them to be, extrusions from other levels of mental activity into the consciousness represented in overt action. Dr. Cotton's postulate is that such upheavals in our psychic structure can be brought about by chronic focal infections. Analogy may, perhaps, be had to the process of sleep, which releases in dreams "unconscious" activity of quite as rich disorganization, and with some topical similarity to the mental activities of the psychoses. No

claim seems made that specific types of intoxication are associated with specific types of "functional" disorder, in the sense of syphilis with general paralysis. Whether there is any psychotic reaction at all to the infection, and if so, what the type of psychotic reaction will be, appears a matter of the individual constitution.

Necessarily there are in a book of this kind, many points that the layman may scarcely criticize without impertinence. Dr. Cotton's results have not yet had sufficiently wide confirmation to bring about their general acceptance by psychiatric authority. For such an extensive testing of these hypotheses, Dr. Meyer pleads forcibly in his introduction, while plainly stating that the findings are beyond what his experience appears to be. It is a distinctly objective problem, not open to such difficulties of personal equation as apply in the case of psychoanalysis. Dr. Cotton's work is on its face, much more confidence-inspiring than the average presentation under psychoanalytic influence. This last has been an outstanding contribution to the psychiatry of the past decade. The subject-matter of this book is a not less worthy challenge.

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Sociology and Ethics: The Facts of Social Life as the Source of Solutions for the Theoretical and Practical Problems of Ethics.

EDWARD CARY HAYES. New York: D. Appleton and Co. 1921.

Pp. viii + 354.

This essay aims to present sociology as the *scientific* ethics. All previous interpretations are to be superseded by "knowledge of the method of realizing our human possibilities discovered by scientists and seers and inwrought in the common sense and common sentiments of a society." (p. 5). Theological hypotheses were based upon the inadequately social concept of God; *a priori* speculation scorned the *facts* of human life. But now, with the coming of Sociology, we shall get away from "bad" philosophy—before Spencer and Comte—and view all things in the light of social causation. We shall explain everything by reference to the collection of psychophysical organisms and their natural conditioning. Whereupon, ethics is to become a natural science (p. 511).

After setting forth the advantages of an unconditioned determinism, the author proceeds to the crucial question: "What social order?" "Clearly no social order can be regarded as the standard since every social order must itself be measured" (p. 111). As answer, we are given the hypothesis (interestingly American) that the maximum of activity, the greatest *quantity* of human energy in